# Sweet 16 Of BSA Safety

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# Overview

- Qualified supervision
- Physical fitness
- Buddy system
- Safe area or course
- Equipment selection and maintenance
- Personal safety equip
- Safety procedures and policies
- Skill level limits
- Weather check
- Planning
- Communications
- Permits and notices
- First-aid resources
- Applicable laws
- CPR resource
- Discipline

# 1. Qualified Supervision

- Mature and conscientious adult, 21 or over
- Accepts responsibility for safety of youth
- Experienced / qualified in activity
- Able to respond to an emergency
- Knowledge of BSA standards
- Committed to BSA policy and procedures

# 2. Physical Fitness

- If strenuous, evidence of physical fitness
  (complete health history from parent / physician)
  - Require a physical if problems are identified
  - Those with disabilities can be accommodated if they are known and precautions taken

# 3. Buddy System

- For strenuous activities:
  - It is best to have at least one other person with you
  - He / she should be aware of your circumstances

# 4. Safe Area or Course

- Know the area or course
- Well suited to the activity
- Free of hazards

# 5. Equipment Selection and Maintenance

- Suited to the individual and activity
- Appropriate safety and program features
- Good repair
- Properly maintained

# 6. Personal Safety Equipment

- Properly fitted
- Worn by everyone
- Examples:
  - PFDs (water activities)
  - Helmets (biking, riding, kayaking)
  - Skating pads
  - Cold weather gear

# 7. Safety Procedures and Policies

- Use common sense associated with the activity
- Teach the participants
- Enforce compliance

# 8. Skill Level Limits

- Abide by minimum skill levels
- Supervisors don't let participants go beyond abilities
- Example: Swimming skill tests

# 9. Weather Check

- Outdoor activity risks vary with weather
- Anticipate hazards and responses

# 10. Planning

- Experienced resource develop the plan
- Follow the plan
- Good planning minimizes risks
- Good planning anticipates contingencies

# 11. Communications

- Be able to communicate with participants
- Consider possible emergency communications

# 12. Permits and Notices

- Tour permits
- Membership registration
- Landowner / government authorization

# 13. First-Aid Resources

- Determine first-aid supplies required
- Determine first-aid qualifications needed
- Provide them!

# 14. Applicable Laws

- BSA policies generally exceed legal mandates
- However, make sure, and comply with the strictest

# 15. CPR Resource

- Strenuous activity or remote trek could present a cardiac emergency
- Aquatics could involve CPR emergency
- BSA recommends a CPR trained (adult) be part of leadership for any program
- Should be available for strenuous activity

# 16. Discipline

- Supervisor must control the activity and the individuals
- Youth must respect leaders and follow directions

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# Questions?